

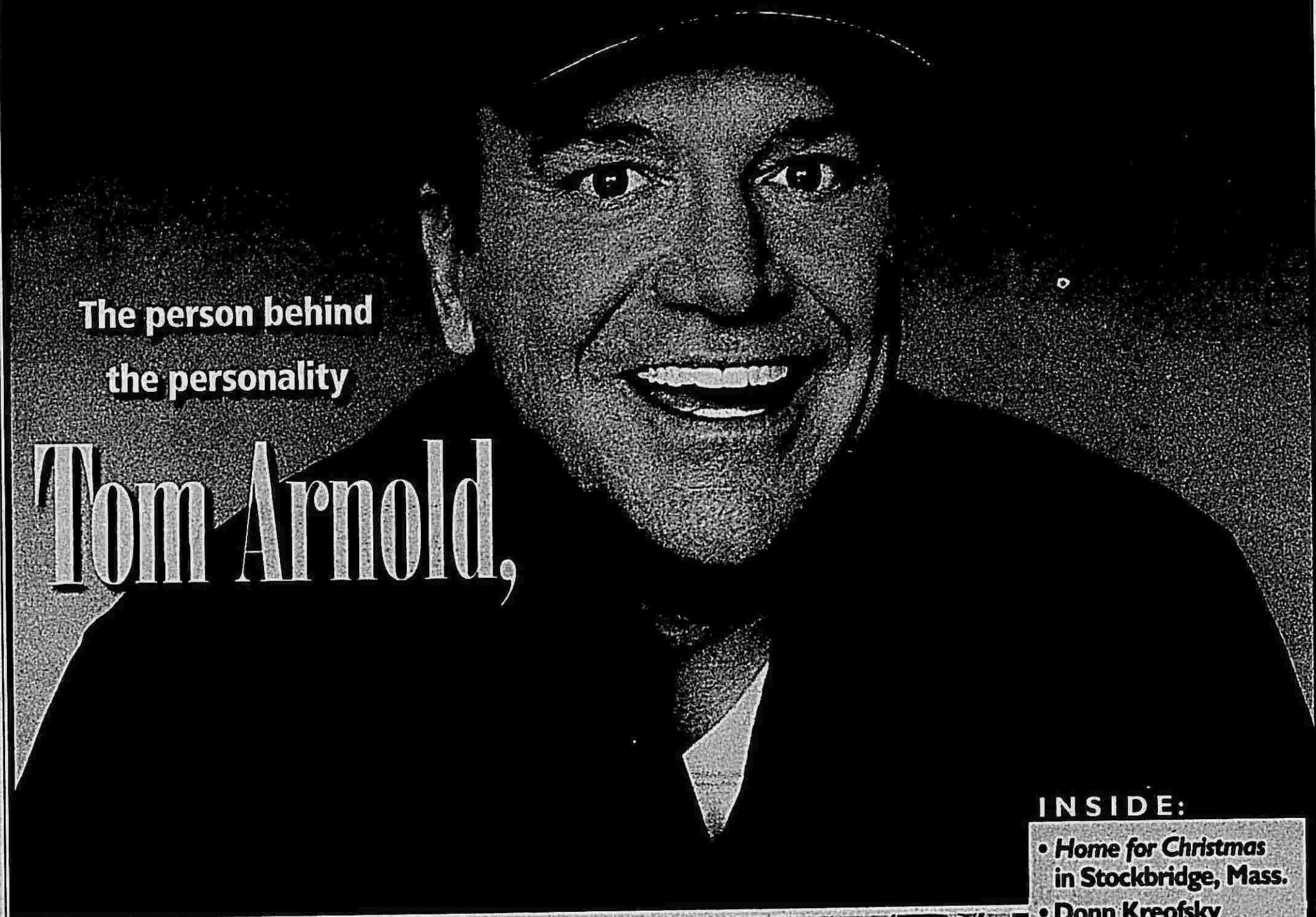
NOVEMBER 18-24, 2007 | AMERICANPROFILE.COM

American Profile



The person behind
the personality

Tom Arnold,



INSIDE:

- Home for Christmas in Stockbridge, Mass.
- Donn Kreofsky tends L.A.R.K. Toys
- Pumpkin bread & sweet cinnamon chips

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Ask American Profile

Q I know there are a few male artists who are in both the Rock and Roll Hall of Fame and the Country Music Hall of Fame. But are there any females?

—Rex Rather, Plano, Texas

Elvis Presley, Johnny Cash, Hank Williams, Jimmie Rodgers, Floyd Cramer, Chet Atkins and producer Sam Phillips are enshrined in both halls of fame. But only one female performer, Brenda Lee, has been so honored. The 4-foot-9-inch powerhouse, known most of her life as "Little Miss Dynamite," remains active at 62. Her latest CD, *Gospel Duets with Treasured Friends*, is a collection of hymn collaborations with Dolly Parton, Vince Gill, rocker Huey Lewis and nine other superstar guests that returns her to her roots in spiritual music.

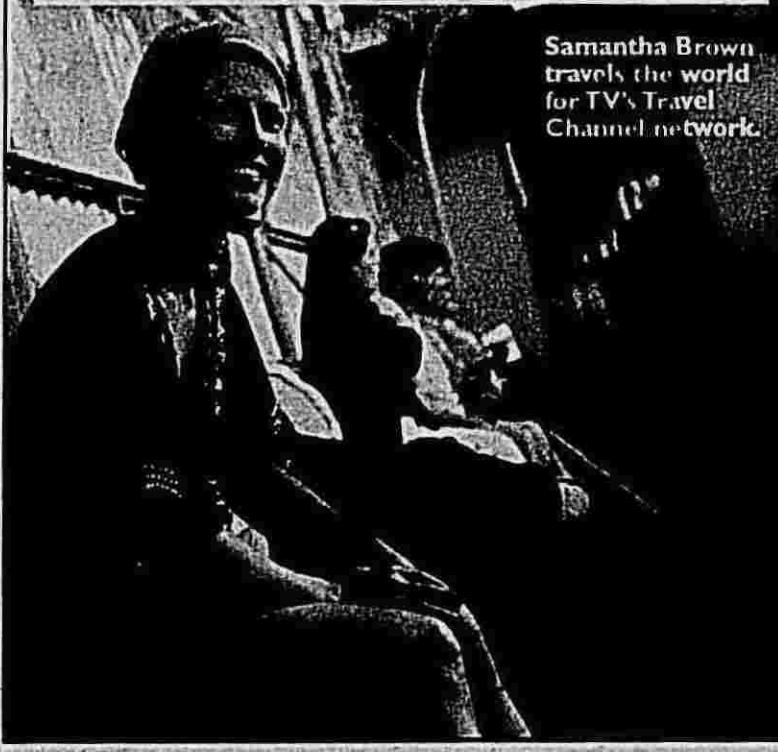


Singer Brenda Lee

Q Could you please give me some information on Samantha Brown of the Travel Channel? She's a delight!

—Carolyn Mattz, Palos Park, Ill.

Samantha Brown, 38, was born in Dallas, but her family soon after moved to New Castle, N.H., where she was raised. She holds a bachelor of fine arts degree in musical theater from Syracuse University. Her early work included television commercials, as well as a few off-Broadway plays, before auditioning for the Travel Channel and becoming its wide-ranging maven. She and husband Kevin live in New York City.



Samantha Brown travels the world for TV's Travel Channel network.

Q What happened to Soledad O'Brien and Miles O'Brien on CNN's *American Morning*?

—Vivian S. Rose, Kinston, N.C.

In April, both reporters were reassigned to different positions at CNN. Soledad now is the anchor and special correspondent of special investigations, and Miles became chief technology and environmental correspondent, as John Roberts and Kiran Chetry took over the network's *American Morning*. "Anchoring *American Morning* with Miles for three years was such a pleasure," Soledad says, noting that people still ask if she and Miles are husband and wife. (They're not.) "I miss spending the first three hours of my day with him, but we're still very close. Like he always says, 'Yes, we're married—to different people!'"

Reporters Miles (left) and Soledad O'Brien were reassigned at CNN.



Q What is my favorite *McHale's Navy* star, Ernest Borgnine; doing these days?

—Nancy Cleveland, Joplin, Mo.

Borgnine, 90, has appeared in more than 180 movies and television shows during the last 50 years, but he'll always be best known for his role as Lt. Quinton McHale on *McHale's Navy* from 1962 to 1966. The native of Hamden, Conn., stars Nov. 24 in the Hallmark Channel's TV movie *A Grandpa For Christmas*, in which he plays a retired showman who unexpectedly enters the life of the young granddaughter he's never met. Borgnine lives in Beverly Hills, Calif., with his wife of 34 years, Tova Traesnaes, who heads her own cosmetics company.

* Cover photo by Amy Dickerson | Grooming by Cherie Combs for margaretmaldonado.com



Ernest Borgnine: back on TV in a new Christmas movie

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On the Job

Toyin' Around

by VICKI COX

Donn Kreofsky's work is child's play. Surrounded by wind-up robots, model cars, Erector Sets, marbles, monkey sock dolls, and a 30-foot carousel, Kreofsky tends to L.A.R.K. Toys, his one-of-a-kind toy store and toy-making business in Kellogg, Minn. (pop. 439).

"The minute people come in the door, their smile gets a little larger," says Kreofsky, 57. "The staff and I feed off that."

Kreofsky's 32,000-square-foot store boasts an inventory of 192,000 toys, some of which he designed.

Toy-making led to a career change for Kreofsky in 1983 after he designed wooden pull toys for his sons Chadd, David and Andrew. The hand-stained, homemade quality of his frogs, grasshoppers, turtles and dinosaurs proved so popular that he left his job as a college art professor to create L.A.R.K. Toys. "L.A.R.K. was easier to say than Kreofsky," he explains. "It means Lost Arts Restored by Kreofsky."

His wooden creations soon were carried by 2,500 stores across the country. Inspired by his toys' success, he opened his own retail shop in 1986. Over the years, he slowly enlarged the complex to include a bookstore, cafe, old-fashioned candy store and individual stores featuring German/Russian nesting dolls, science toys and reproductions of toys that once were popular with baby boomers. "I kept adding stores to create a better environment and a fun place for children and adults," he says.

"We've been coming here for 20 years," says Emily Erickson of Red Wing, Minn. (pop. 16,116), visiting L.A.R.K. with her toddler grandson. "I still have the wooden carousel music box and hand puppet I bought my daughter here."

The store also displays Kreofsky's personal antique toy collection that features such toys as Tiddlywinks, Tinker Toys, rocking horses and Tonka trucks.

Kreofsky's collection started in 1967 when he found a box of his childhood toys. "My mother brought plastic toys from the dime store to Mayo Clinic when I had polio," Kreofsky says. "I'd play with Confederate and Union soldiers, cowboys and Indians on the hospital bed."

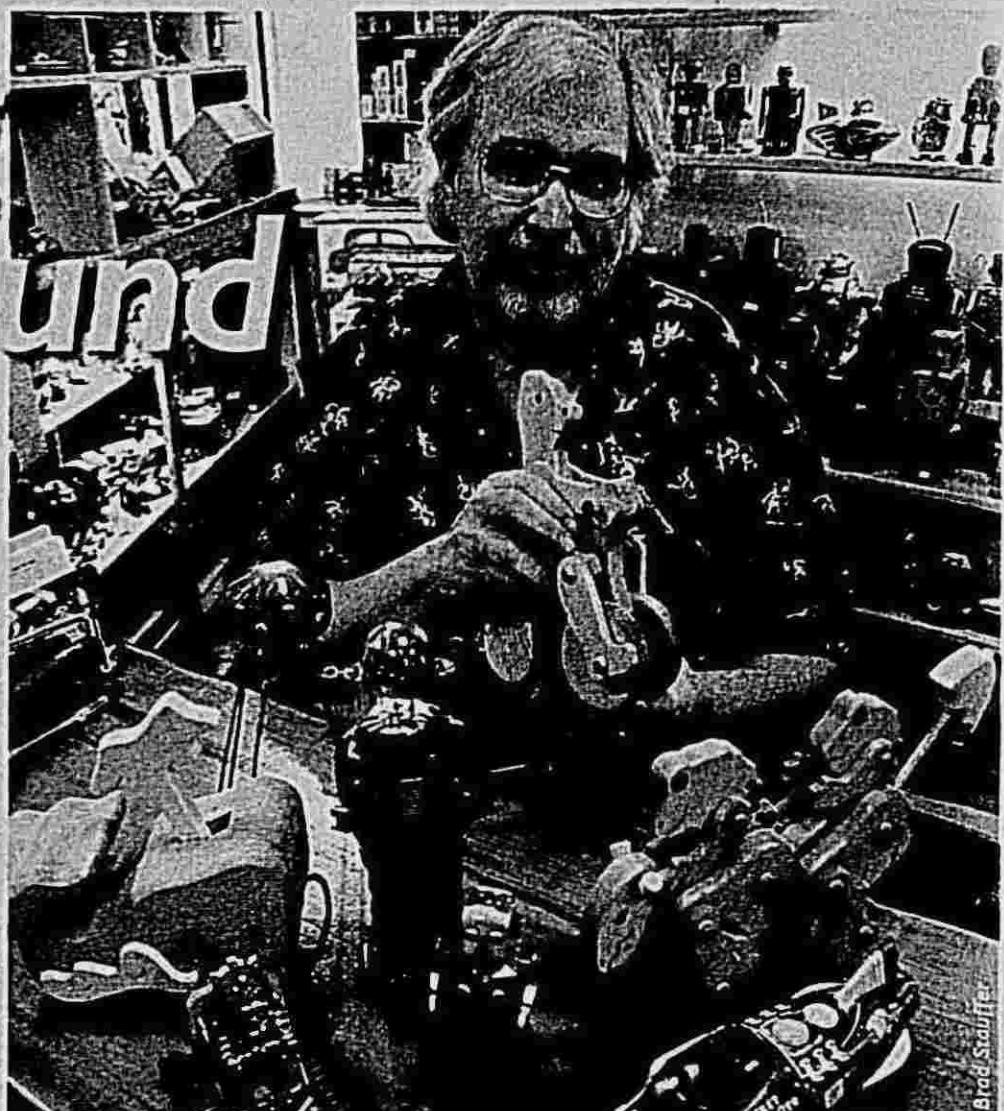
His toy collection now includes 25,000 items, dating back to 1900. Russian nesting dolls, wiggling hula girls, medieval knights, and a 4-foot Barbie doll are some of the items that fill a dozen display cases lining L.A.R.K.'s halls.

"If it's nicely made and makes me laugh, I keep it," Kreofsky says. "Very few serious collectors would allow tens of thousands of people to see their collection. But I collect things for people to look at. I want everybody to see them."

"It's like going home to our childhood," says Rhonda Segersterom, 48, a customer from Strum, Wis. (pop. 1,001).

As for the toys he sells, Kreofsky likes to evaluate each one on his living room floor. "I play with them and think how a child would play with them," he says. "If I don't have any fun, we'll pull them off the shelves."

You won't find the latest video games and electronic gadgets at L.A.R.K. Toys. All the items sold in the store are hands-on and imagination-specific. In the Magic



Donn Kreofsky turned a hobby into a full-time business with L.A.R.K. Toys in Kellogg, Minn. Troll Shop, kids run Thomas the Train sets, slip into make-believe costumes and create stories with hand puppets.

"It has to do with play value," Kreofsky says. "Kids sit in front of the computer when they should be playing in the dirt and using their imaginations. Few of our toys are passive."

Kreofsky's favorite toy is his carousel. Nine years in the making, its 19 hand-carved and hand-painted animals were designed by Kreofsky. "Boys like the python seat on the dragon," he says. "Women and girls always go for the giraffe."

Each year the toy store draws 360,000 shoppers—tourists, school groups, business students and toy collectors—who love the world that Kreofsky has created. His staff loves it, too.

"How can you not like playing with toys and getting paid?" says Mary Eversman, 52, one of 35 L.A.R.K. employees. "With Donn, there's always something new."

"There's not a day I don't wake up ready to go to work," Kreofsky says with a smile. "It's fun." ▶

Vicki Cox is a writer in Lebanon, Ala.

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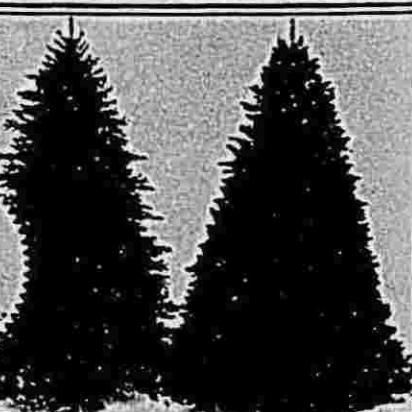
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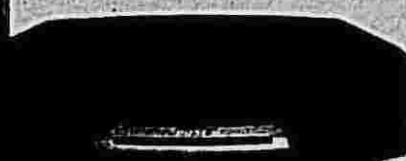
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Hometown Recipes

Company Fare

Do you know what you'll serve when friends and relatives stop by your house this holiday season? This week *American Profile* presents two recipes and some easy entertaining ideas sure to please your guests of all ages.

Tillie B. Vaughan, of Victorville, Calif., sent us her recipe for Pumpkin Bread. "Back in the 1960s, I became hostess for our family Thanksgiving dinners," Vaughan says. "This recipe has been a mainstay. I now bake 36 small loaves for gifts each year." If children are on your guest list, you might opt for making cupcakes instead of loaves. Simply pour the batter into muffin tins, about two-thirds full, and bake 50 to 55 minutes.

Another great recipe for both kids and adults is Sweet Cinnamon Chips with Fruit Salsa, sent in by Elaine Fetter of Rittman, Ohio. "This recipe is delicious. I have made it several times for family get-togethers," she says. Various fruits can be substituted for the apple and berries, but the crushed pineapple is essential because it keeps the other fruit from browning.

Another popular snack is Apricot Brie in Pastry. Thaw and unfold a puff pastry sheet, spoon 5 tablespoons apricot jam on pastry. Position a small wheel of Brie cheese on top. Fold pastry edges over cheese, pressing gently to seal. Place seam side down on a greased baking sheet. Brush top with melted butter. Bake in a 325°F oven about 20 minutes or until pastry is golden. Serve with apple slices or crackers.

Cheese fondue is always fun for guests of all ages. To make an easy fondue, first rub the inside of your fondue pot with 1 garlic clove. Discard garlic. Combine 1 tablespoon lemon

RECIPE: Gramma Tillie's Pumpkin Bread

American Profile



Tillie B. Vaughan
Victorville, Calif.



Photo: High Cotton
Food Styling & Photography

Gramma Tillie's Pumpkin Bread

1 cup olive oil or vegetable oil
3 cups granulated sugar
4 eggs
1½ cups canned unsweetened pumpkin
3½ cups all-purpose flour
1¼ teaspoons salt
2 teaspoons baking soda
2 teaspoons cinnamon
2 teaspoons nutmeg
2 teaspoons ground ginger

1. Preheat oven to 350°F. Lightly grease three 9-by-5-inch loaf pans.

2. Combine olive oil, sugar, eggs and pumpkin in a large bowl. Beat well with a mixer.

3. In a separate bowl, mix together flour, salt, soda, cinnamon, nutmeg and ginger. Add to sugar mixture a little at a time, beating on low speed. Stir in nuts if using.

4. Fill pans half full. Bake 1 hour.

Yield: 3 loaves

RECIPE: Sweet Cinnamon Chips with Fruit Salsa

American Profile



Elaine Fetter
Rittman, Ohio



Photo: High Cotton
Food Styling & Photography

Sweet Cinnamon Chips with Fruit Salsa

Chips:

4 (10-inch) flour tortillas
6 tablespoons butter, melted
2 teaspoons ground cinnamon
½ cup sugar

Salsa:

1 (8-ounce) can crushed pineapple packed in juice, drained
1 small tart red apple, such as Gala or Braeburn, cored and diced
1 cup seasonal berries, or 1 medium banana

1. Preheat oven to 375°F.

2. To prepare the chips, cut each tortilla into 8 wedges. Brush with melted butter. Place buttered side up on 15-by-10-inch baking sheets. Combine cinnamon and sugar; mix well. Sprinkle over the tortilla wedges. Bake 5 minutes, or until tortillas barely begin to crisp. (You may need to bake the chips in 2 or 3 batches.) Place on wire racks to cool completely. The chips will become crisper as they cool.

3. To prepare the salsa, combine pineapple, apple and berries; toss gently. Serve with the chips. Serves 8.

juice with 2 cups of dry white wine in fondue pot. Heat but do not boil. Reduce heat to low and add $\frac{1}{2}$ pound shredded Emmentaler cheese, $\frac{1}{2}$ pound shredded Gruyère cheese, 2 tablespoons all-purpose flour, $\frac{1}{4}$ teaspoon white pepper and a dash of nutmeg, stirring constantly. Serve with bits of crusty bread and vegetable sticks.

Next time you're at the grocery, grab a bag of pecans, and you'll never be at a loss for a quick and easy appetizer. Melt 5 tablespoons unsalted butter. Add 2 teaspoons salt. Place about 5 cups pecan halves in a large bowl. Pour but-

Classic Cheese Fondue



ter mixture over pecans, tossing to coat well. Transfer pecans to a rimmed baking sheet. Bake about 1 hour in a 250°F oven, stirring occasionally.

As always, *American Profile* looks forward to receiving your recipes and sharing them with our millions of readers across the nation. To submit a recipe of your own, send it, along with the story behind it and a color photograph of yourself, to: Hometown Recipes, *American Profile*, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067. Please note that recipes and photos will not be returned. ☀

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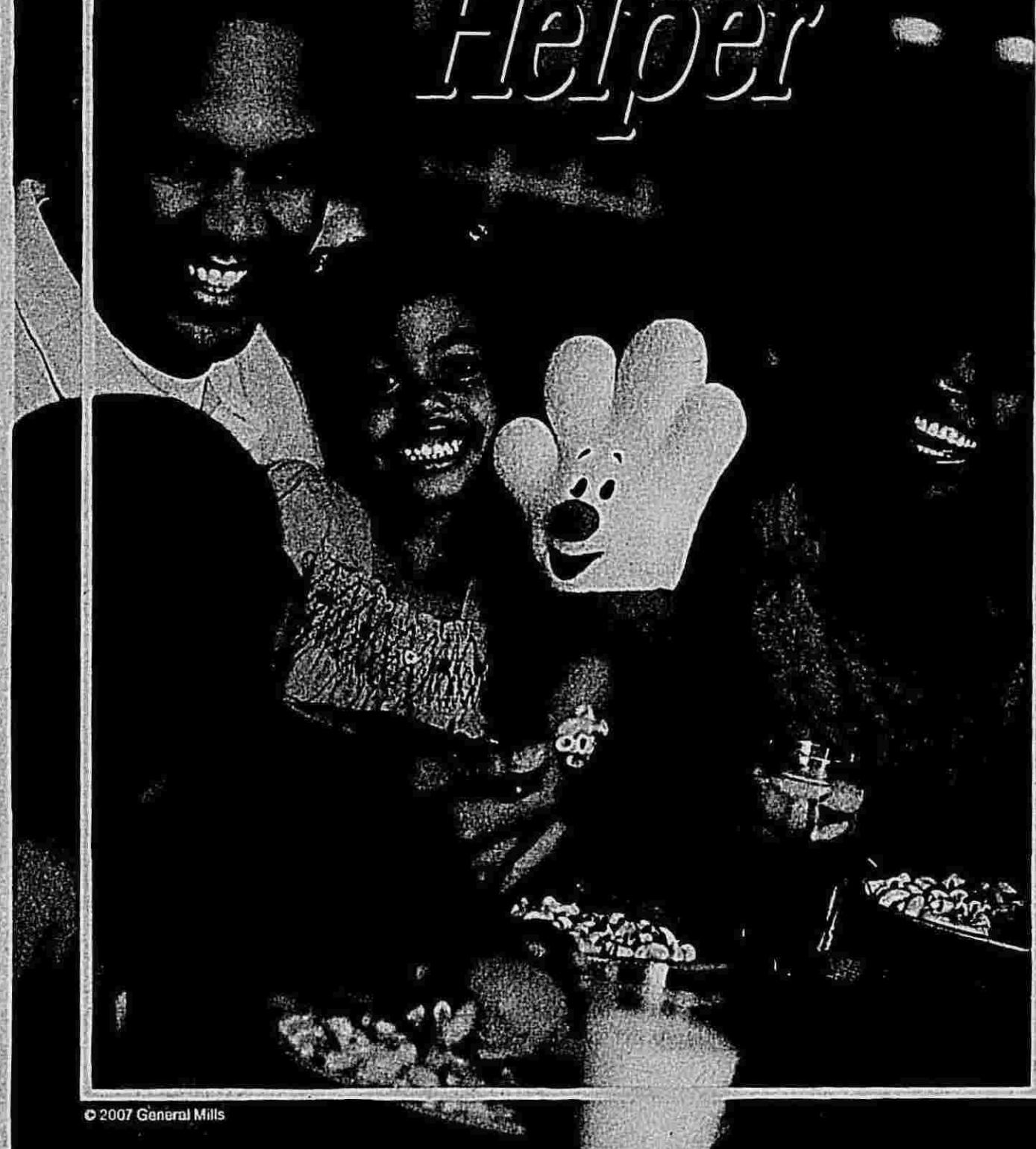
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The person behind
the personality

Tom Arnold, For Real

Tom Arnold's left leg is jittery—almost spastic—as he pumps it up and down continuously while sitting on a couch at the Roosevelt Hotel in Hollywood. His room's sixth-floor window overlooks the Hollywood Walk of Fame, where thousands of famous names decorate the concrete below.

While the comedian is certainly big-city famous, he's still very much a product of his small-town roots in Ottumwa, Iowa (pop. 24,998), which also was the purported hometown of Radar O'Reilly, the lieutenant character from the TV series *M*A*S*H*.

Arnold sees a similarity between himself and O'Reilly. "Both fictional characters," he says with a laugh.

The fictional part of Tom Arnold, 48, is the guy most people know—the loud, obnoxious, belligerent character that came to the spotlight as the husband of comedienne-actress Roseanne Barr and went on to appear in numerous movies, including *True Lies*, *Austin Powers: International Man of Mystery* and *Pride*. Moviegoers soon will see him in several new features, including *The Final Season*, *Gardens of the Night* and *Remarkable Power*.

The guy behind that character—the real Tom Arnold—is quite different from the roles he's known for playing. He's a sensitive, smart, self-critical person who wants very much to mentor younger people and to have a positive impact on the world, particularly his hometown. He's politically involved in stem cell research and in developing alternative fuels, and he's taken a major role in state-level charity events, including the Special Olympics, and RAGBRAI, an annual bicycle ride across the state of Iowa in which he's participated several times.

People don't really know Tom Arnold. And, he adds, "They shouldn't."

"I think people understand what's presented to 'em," he explains. "If you put a certain thing out there, it's easy to stereotype and say, 'He's this guy.' And it's easier to give (that guy) to 'em than anything else."

by TOM
ROLAND
*Photos by Amy
Dickerson*



/ Grooming by Charlie Gombs for margaretmaldonado.com

Tom Arnold starred with Maggie Gyllenhaal in the movie *Happy Endings* ... and earned praise playing a swim-team coach in *Pride*, which was based on a true story.

Always the class clown

Easier indeed, because showing people the outrageous side has always worked. Arnold figured out during his school years in Ottumwa that playing the class clown brought instant attention.

"I wasn't the best athlete. I was definitely not the most popular or best-looking," he says. "But you're always looking for something to get the other kids to like you."

He always was quick-witted, and that became his way of getting attention. After graduating from Indian Hills Community College in Ottumwa, he cut his teeth as a stand-up comic in Iowa City, then moved to Minneapolis, where his in-your-face routines caught the attention of Roseanne Barr when she appeared there. She brought Arnold to Los Angeles as a writer, and their now-infamous relationship emerged. They married in 1990, divorcing four years later.

When he first hit L.A. in 1988, he sharpened the hard edge on his personality even more. Working with Barr brought money, success and fame—and drew him dangerously close to the flame of self-destruction.

"I always said if I had enough money to buy all the drugs and all the booze I wanted, I'd never want anymore," he recalls. "Well, that's maybe a lie. I had access to things—bad things. I wiggled out fast."

"He hit the ground running out there on the drugs and alcohol," says Mike Sporer, whose backyard adjoined the backyard of Arnold's two-story childhood home in Ottumwa. "In fact, I came out to visit him one time, probably six or eight months before he got sober, and I remember coming back home and telling our friends, 'Hey, listen, Arnie's gonna be dead shortly. You better go visit.' He was out of control."

Outrunning adolescence

It's possible he was trying to outrun the memories of his adolescence. Arnold was reared in a rough and unstable

Arnold used humor to fit in to his Iowa high school.



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Courtesy of Tom Arnold

"I wouldn't have been sober, if it wasn't maybe for this picture."

A photo from his childhood was Arnold's inspiration to clean up his life and renavigate all the wrong turns he'd taken. "I'd look at that kid, and I'd do it for him," he says.

(Continued from page 9)

environment. His parents divorced when he was 4 (his mother eventually would marry seven times), and after his father remarried, Tom felt mostly unwanted in a blended family that included his original two siblings, his stepmother's two kids and eventually two more additions. When his father turned 70 this summer, Arnold put together a family scrapbook on DVD. In photos from most of the vacations the family took from the time he turned 8, Tom is nowhere to be found.

He remembers being beat up frequently by bigger, older kids on his way home from school, and one of his first jobs was working in the local Hormel meat-packing plant, an experience that thoroughly sapped his spirit. "To just stand there all day and kill something, that's not too good on your psyche," Sporer says. "That's not a healthy environment."

But reconnecting with his youth—specifically with the kid that got lost somewhere back in Ottumwa—helped Arnold learn to manage, if not conquer, the demons that surfaced in Hollywood. He started attending recovery meetings in the late 1980s, and he

Toddler Tom gets a Christmas stocking from Santa.

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used a photo of himself when he was 5 years old as a motivator to finally come clean in 1989.

The young boy in the picture is handsome and has a smart, confident air about him. He looks happy.

"I wouldn't have been sober, if it wasn't maybe for this picture," Arnold says, holding the image carefully in his hands. In previous attempts at sobriety, he says, "I would do it for whatever—get a job back, make people like me, girlfriend, whatever. But I did it (this time) for this kid who was 5. I'd look at that kid and I'd do it for him. We deserve to be who that kid was, you know."

Peeling away showbiz

Arnold remains a huge supporter of his home state. Viewers of FOX-TV's *The Best Damn Sport Show Period*, which he co-hosted from 2001 to 2005, might recall that he kept a University of Iowa Hawkeyes football helmet on the set. He donated the 1,350-acre Iowa farm he and Roseanne owned to Indian Hills Community College, and he awards two full scholarships each year to IHCC students. He even has aspirations to become an Iowa governor, mirroring the actor-becomes-chief-executive career shift of his friend and *True Lies* co-star, California Gov. Arnold Schwarzenegger.

And he's still peeling away the layers of showbiz and oversized personality that have covered the real Tom Arnold for years. After living next door to basketball superstar Shaquille O'Neal in the trendy Hollywood Hills for eight years, he recently moved to Los Angeles' more quiet outskirts. He made headlines in the spring when he filed for divorce from his wife of five years, Shelby. But in separating, they came to grips with their individual personalities, and, Arnold suggests, they might actually be able to work things out.

"I've learned more about her since I filed for divorce



Meeting with drama students at his college alma mater than maybe in the seven years before that," he says. "We both are afraid of intimacy, but since the pressure's off, she's been there for me in ways that she didn't think were important before, that were important. And I have, too."

It's a moment of reflection for the real Tom Arnold—the kind of moment that's not usually associated with him as an outrageous public figure.

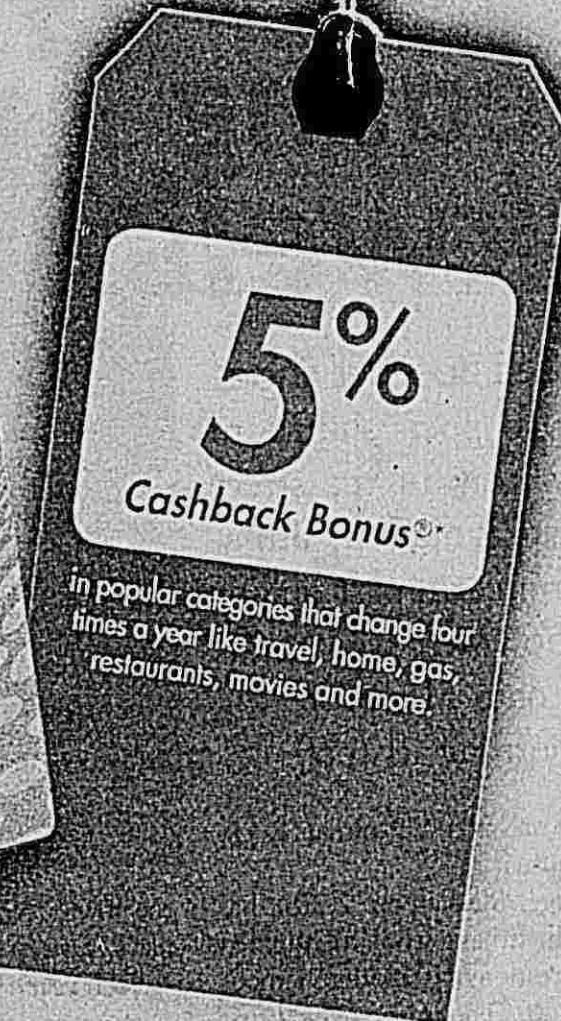
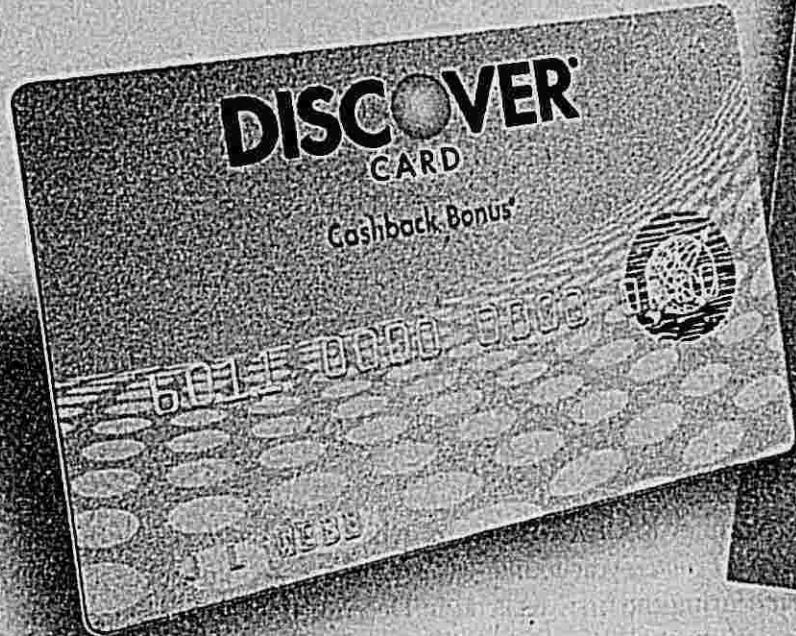
"There'd be times we would go to San Diego, to a children's center, and take 30 abused children to the ballgame," recalls Kevin "Mo" Moreland, a friend from Iowa who spent several years working with Arnold in Los Angeles. "People would at first think, 'I've got to keep him at arms length.'

"But I had so many people tell me, 'Oh, he's nothing like I thought he'd be.' He surprises a lot of people with his generosity, and his open heart, and just the way he views the world."

Which is why, perhaps, his left leg is so active. Most everyone sees Tom Arnold as a loud, hard-partying extrovert. In reality, there's so many other things—quieter things, good things—going on underneath the surface that he can barely sit still. ↗

Tom Roland is a writer in Los Angeles.

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Hometown Spotlight

by SEAN CONNEELY

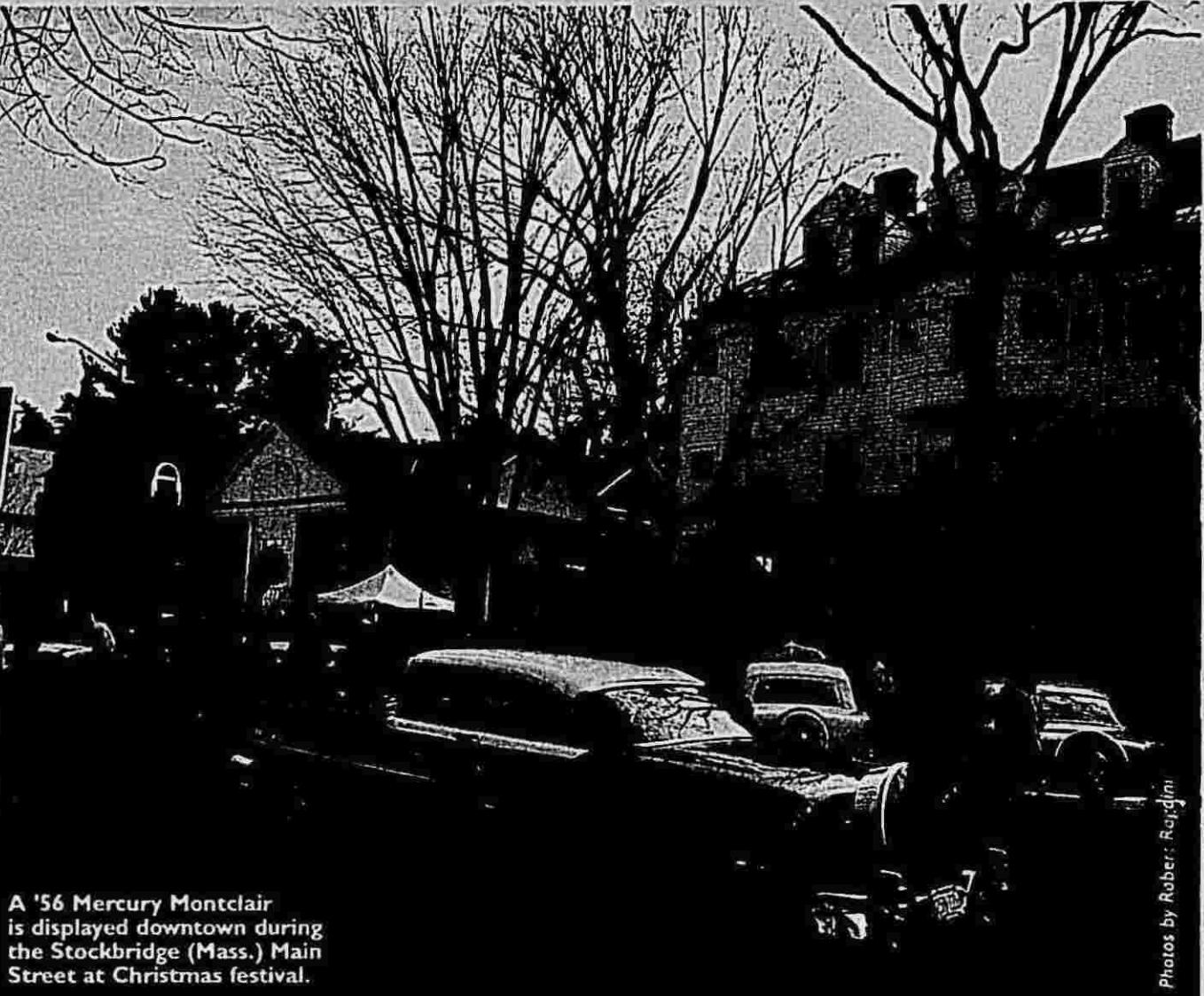
Re-creating Rockwell

The country store's doorbell jingles merrily as holiday shoppers shuffle to and fro. Children play in the street and dream of what Santa will bring. Couples stroll arm in arm past quaint shops. A red '56 Mercury Montclair slowly pulls onto Main Street, a Christmas tree adorning its roof.

If this sounds like a scene from a Norman Rockwell painting, that's because it is.

Since 1990, Stockbridge, Mass. (pop. 2,276), has held the Main Street at Christmas festival, highlighted on the final day by a re-creation of Rockwell's famous painting, *Home for Christmas*. The image, which first was published in *McCall's* magazine in 1967, depicts Rockwell's beloved Stockbridge (the artist made his home there from 1953 until his death in 1978) right before Christmas. The scene, complete with families shopping, festively decorated storefronts and a blanket of freshly fallen snow, became an instant classic.

"Stockbridge has become the quintessential small-town Christmas setting," says Linda Pero, curator of



A '56 Mercury Montclair is displayed downtown during the Stockbridge (Mass.) Main Street at Christmas festival.

Photos by Robert Roldan

the town's Norman Rockwell Museum, which displays *Home for Christmas* year-round.

Each year, during the first weekend in December, as many as 2,000 people visit Stockbridge to experience the festival and its Rockwell re-creation.

"It's like stepping back in time," says Don Lumpkins, 42, of Norwich, Conn., who, along with his wife, Julie, attended the festival for the first time last year. "We loved just walking up and down Main Street."

The downtown section of Main Street is closed to traffic—modern automobiles anyway—for the re-

creation of the painting, which takes place on Sunday afternoon, the last day of the three-day festival. Some 50 antique cars line the street, colorful store displays catch the eye, and locals and visitors alike delight in the season's good cheer.

The celebration, scheduled Nov. 30 through Dec. 2, brings a holiday spirit to the town. "The festival is a wonderful hometown family activity," says Barbara Zanetti, executive director of the Stockbridge Chamber of Commerce. "The adults really enjoy admiring the classic cars, but the events of the day, including a visit from Santa, really revolve around the children."

Norman Rockwell's nostalgic *Home for Christmas* depicts Stockbridge's Main Street.



Stockbridge Main Street at Christmas (*Home for Christmas*), Norman Rockwell. ©1967 Licensed by Norman Rockwell Licensing, Niles, Ill. From the permanent collection of Norman Rockwell Museum, Stockbridge, Mass.

In addition to the antique cars, another key element to the re-creation's authenticity is that Main Street has changed little over the years. Many of the buildings and businesses depicted in Rockwell's painting remain, including the public library, the bank and the antiques store.

The idea for the holiday festival grew out of a desire for local business owners to breathe life back into the town during what was a notoriously slow time of year. According to festival co-founder Carolyn Nejaime Jeffrey, the idea for bringing Rockwell's painting to life was proposed during a planning session for the festival's second year.

"The first year went well, but we wanted to add some pizzazz to the festival, and then someone from the Rockwell Museum suggested the re-creation," Jeffrey says. "It has become the cornerstone of the festival."

It may be hard to conceive of improving upon Rockwell's painting, but the Stockbridge event does just that. Lurking on the right edge of the *Home for Christmas* painting stands the grand, yet gloomy Red Lion Inn. A fixture of the Stockbridge landscape for more than two centuries, the inn was closed during the winter when Rockwell was working on the painting. Saved from the wrecking ball in the late



The historic Red Lion Inn is a popular destination for festivalgoers.

1960s, the historic inn underwent renovations, and today accommodates visitors attending the festival.

While re-creation of the Rockwell painting remains the festival's focal point, it is by no means Stockbridge's only holiday offering. On the second day of the festival, visitors can tour the town's many historic homes and inns, go caroling or attend a holiday concert.

Still, the re-creation resonates most deeply with visitors. There is a palpable sense of disappointment as Main Street reopens to traffic, the vintage cars are driven away and the trip back in time comes to an end.

Yet, as Jeffrey points out, for many visitors the Stockbridge festival is a beginning. "For a lot of the people who have been coming back year after year, this event kicks off their holiday season." *

Sean Connely is a writer in Red Feather Lakes, Colo.

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Responding to a Diabetes Diagnosis

You've just been diagnosed with type 2 diabetes and your mind is swirling with questions.

How do I check my blood sugar? Must I give up french fries? Will I have to give myself shots? Can I just take pills to lower my blood sugar? This isn't the "bad kind" of diabetes, right?

Little wonder that you begin to feel panicky when your doctor uses the word *diabetes* and begins to explain about your body's insulin resistance that causes sugar to accumulate in your blood instead of being used for energy.

Diabetes is a chronic disease with serious consequences that can include heart disease, blindness, kidney damage, nerve damage, sexual dysfunction, loss of limb, and even death—but it's also a disorder that can be managed. Use your diagnosis as a call to action. You may be able to prevent or delay the most serious consequences.

"I always tell people: The good news is *you're in control*. The bad news is *you're in control*," says Molly Brown, a certified diabetes educator for United Health Care in Plano, Texas.

So shore up your determination. Here's what you can do:

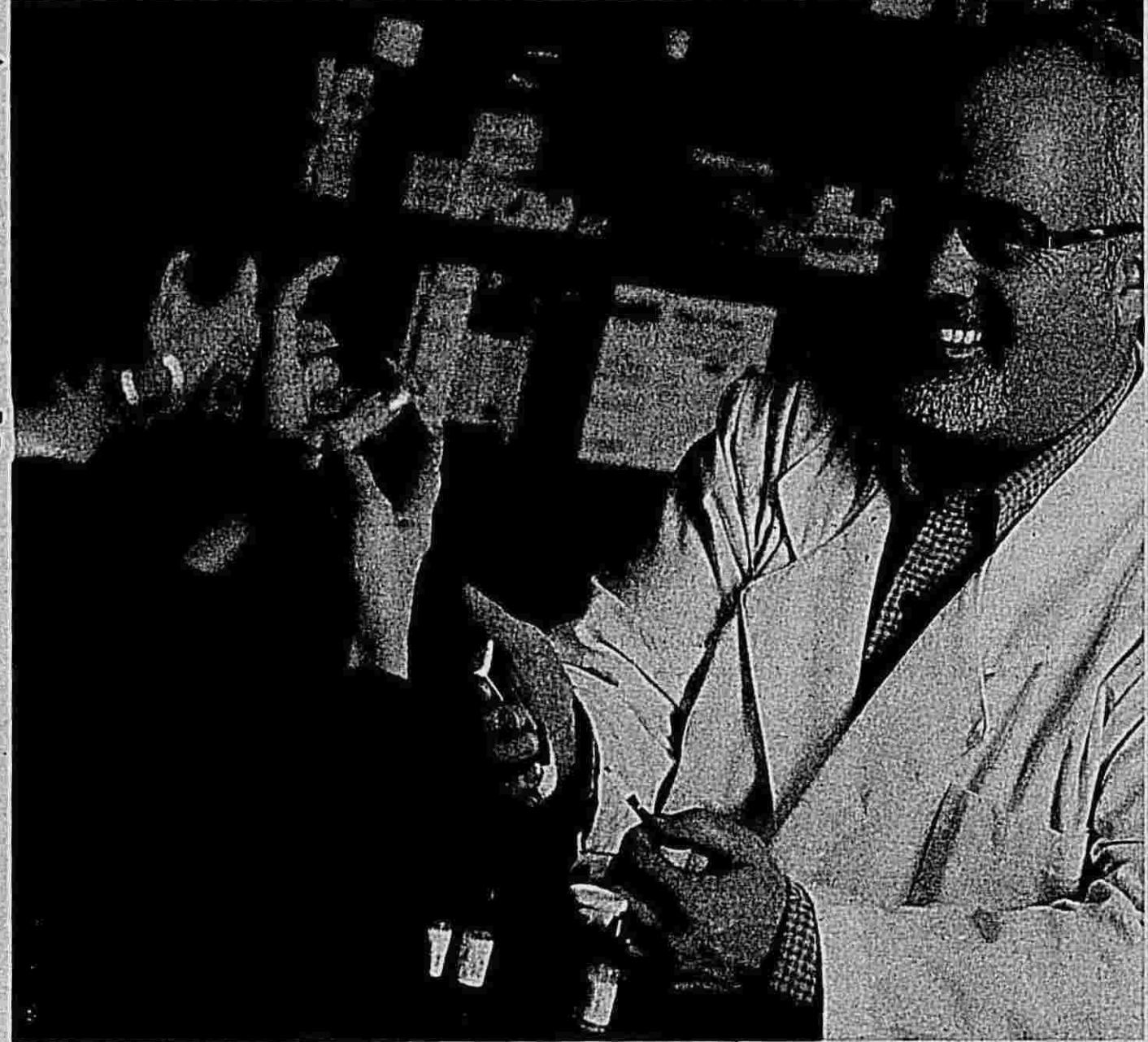
- Learn your ABCs. Ask your doctor for your diabetes ABC numbers, and compare yours with these optimal levels:

A1c: Results of 7 percent or less for this test of average blood sugar

Blood pressure: less than 130/80

Cholesterol: low-density lipoprotein (LDL) less than 100

If your numbers are high, "don't be patient," advises Dr. Larry Deeb, a pediatric endocrinologist in Tallahassee, Fla. The average person diagnosed with type 2 diabetes already has had it for five years. Another six months or year of living with high levels of fat and sugar in the blood while you try to lose



weight and start exercising could bring irreversible damage. Your doctor should prescribe medicine to correct your blood sugar level within three months.

Make sure your physician examines your feet and teaches you about daily foot care, tests your urine for kidney problems, and monitors your medications during each visit. You may be referred to an endocrinologist (hormone specialist), cardiologist (heart specialist) or a podiatrist (foot specialist) if needed.

- Call your insurance company. Many offer disease management programs, free videos and booklets, and sometimes even a free blood sugar testing device. Ask about medical services and prescription coverage.
- Find a coach. Resources are available to coach you both mentally and physically into a new lifestyle. Find a certified diabetes educator through the American Association of Diabetes Educators website, www.aadenet.org, and make an appointment immediately. Your educator can explain how to check your blood sugar, how often to check it, and what the numbers mean. Though medications will bring your numbers down, there are side effects. In addition, type 2 diabetes gets worse over time, so you'll need to keep increasing your
- medications, and eventually you may need regular insulin injections. Through diet and exercise, you can slow the progression, lower your medications, and possibly even eliminate the need to take pills. Together, you and your coach can devise an effective plan.
- See a dietitian. Your educator can recommend a registered dietitian who specializes in diabetes and will review what you typically eat. Tell the truth! If you crave chocolate cake, onion rings or alcohol, your dietitian will help you determine how to incorporate a reasonable amount into your diet without causing havoc to your body. You will learn how to count carbohydrates, control food portions, reduce fat and add fiber.
- Get moving! If your physician gives the OK, start a daily exercise program immediately. "Get out and walk!" Deeb urges. Exercise helps you lose weight, build muscle, speed metabolism and reduce blood sugar levels.
- See an ophthalmologist. Even if you are not experiencing vision problems, it's important to monitor your vision regularly to prevent diabetic blindness. An eye specialist will look

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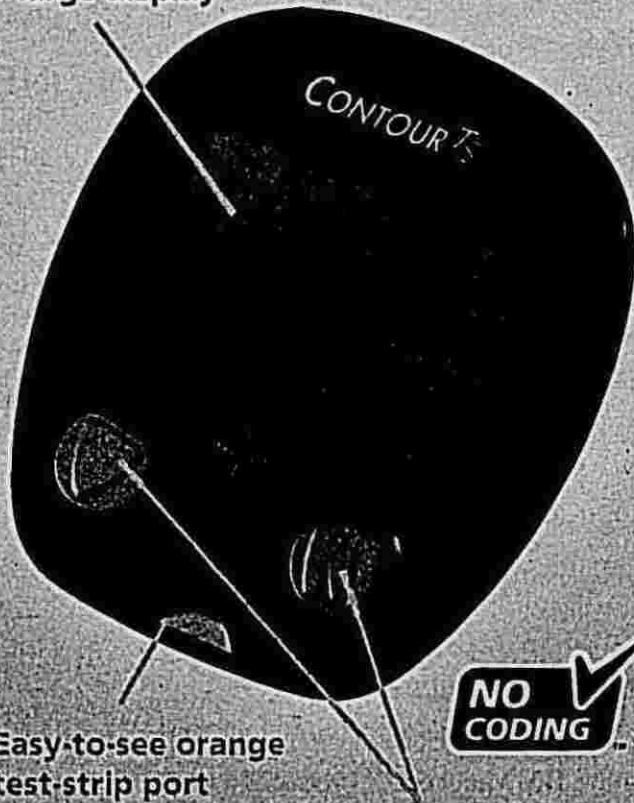
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at the tiny blood vessels at the back of your eyes and may be able to correct problems if they are minor.

- **Quit smoking.** Having diabetes makes you more than twice as likely to suffer a heart attack or stroke, and far less likely to survive it. Smoking also boosts your risk.
- **See your dentist regularly.** Diabetes affects teeth and gums.
- **Find support.** More than 20 million Americans are living with diabetes. Visit the ADA website, www.diabetes.org, for information and to chat with other diabetics through the "Recently Diagnosed Message Board." Find a local support group.

"Patients involved in support groups do better in managing their diabetes," says Tamara Johnson, a diabetes educator at Kettering Medical Center in Kettering, Ohio (pop. 57,501).

Amy Eskind is a writer in Nashville, Tenn.



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Tidbits

Did You
Know...

ILLINOIS—Since 1970, Nancy Faust has energized Chicago White Sox games as the stadium organist. In 1977, Faust played "Na Na Hey Hey Kiss Him Goodbye" as an opposing pitcher left the mound and Sox fans sang along—now a traditional response to a White Sox victory.

INDIANA—Legendary harness racehorse Dan Patch, born in 1896 in Oxford (pop. 1,271), broke the two-minute mile barrier 35 times and set an unofficial time of 1:55 at the Minnesota State Fair in 1906. The town celebrates the celebrity horse during Dan Patch Days.

IOWA—The "Taco Ride" is a Thursday night tradition for 600 or more bicyclists who pedal 10 miles on the Wabash Trace Nature Trail from Council Bluffs (pop. 58,268) to the Mineola Steakhouse in Mineola to chow down on tacos.

KANSAS—Four counties on the state's western border observe Mountain time: Sherman (pop. 6,760), Wallace (pop. 1,749), Greeley (pop. 1,534), and Hamilton (pop. 2,670). The rest of the state is in the Central time zone.



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MICHIGAN—John and Phyllis Kilcherman grow 240 varieties of heirloom apples at Christmas Cove Farm in Northport (pop. 648). Winter Banana, Ozark Gold and Spitzenburg are among the tasty old varieties.

MINNESOTA—Savage (pop. 21,115), formerly Hamilton, was named in 1904 after Marion W. Savage, a businessman who in 1902 bought famous racehorse Dan Patch for \$60,000. The beloved horse drew huge crowds whenever he raced or toured the country, and even inspired a movie. When Dan Patch died in 1916, Savage died within hours, some say of a broken heart.

MISSOURI—In 1925, the famous Radio City Rockettes first kicked to life as the Missouri Rockets in St. Louis. The dancers performed at the 1932 opening of Radio City Music Hall in New York City and were an instant sensation.

NEBRASKA—The state's first ethanol-blended fuel station was the Earl Coryell Co. station in Lincoln in 1933. The station sold "corn alcohol" gasoline.

NORTH DAKOTA—Bill Gross, who grew up on a farm near Cleveland (pop. 112), founded Farm Rescue, a group of volunteers who come to the aid of regional farmers who have experienced illness, injury or other hardships and need help planting and harvesting crops. Ten families received help from the group last year.

OHIO—Pulitzer Prize-winning editorial cartoonist Jim Borgman has created cartoons for *The Cincinnati Enquirer* since 1976. Born in Cincinnati in 1954, he co-created with Jerry Scott the popular daily comic strip *Zits*.

SOUTH DAKOTA—"Hail! South Dakota" is the official state song, adopted in 1943 and written by Deecort Hammitt.

WISCONSIN—The world's first church built for worship services for Christian Scientists was constructed in 1886 in Oconto (pop. 4,708) by residents who studied under Mary Baker Eddy. Eddy wrote *Science and Health with Key to the Scripture* and founded The First Church of Christ, Scientist in 1879 in Boston. ☀



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Family

by ANNE
GILLEM

Volunteering with Children

Like most young children, Elise and Tia Tuttle of Pearland, Texas (pop. 37,640), eagerly anticipate their birthdays each year. But instead of gifts, the girls are encouraged by their parents to request toys for less fortunate kids, or canned goods to donate to a local food bank.

Heidi Tuttle, 32, says helping others teaches her daughters an important lesson and also provides quality family time. "We usually make the deliveries as a family," Tuttle says. "The girls are young, but they try and serve in ways that a 7- and 6-year-old can."

Serving the community alongside their parents teaches children about compassion, understanding and civic responsibility, says Heather Jack, 34, of Ashland, Mass. (pop. 14,674), founder of The Volunteer Family, a nonprofit organization in Framingham, Mass.

"My idea was that any family anywhere could find a place where they could volunteer in their own neighborhood," Jack says. Because her family regularly served food at a homeless shelter and visited the elderly when she was a child, Jack wanted to give her own children similar experiences.

Families can perform numerous volunteer activities together. The key is choosing tasks that are age-appropriate and interesting to both parents and children. Here are a few ideas:

- Make cards for or visit hospitalized children.
- Collect school supplies for kids in need.
- Purchase and deliver holiday gifts to a less fortunate family.
- Prepare meals for a homebound person.
- Visit a retirement home, and spend time talking with or reading to residents.
- Accompany people with disabilities to plays, concerts or sporting events.

"Volunteering helps strengthen the bonds within the family," Jack says. It also strengthens communities by teaching the next generation the importance of helping neighbors in need. ▶

Anne Gillem is a writer in Brentwood, Tenn.

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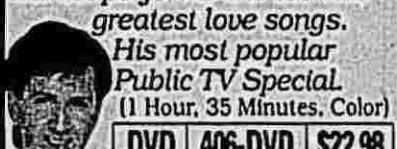
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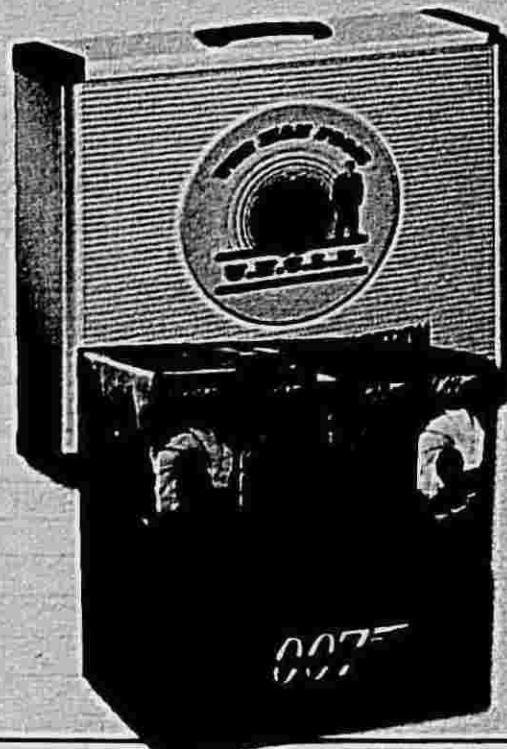
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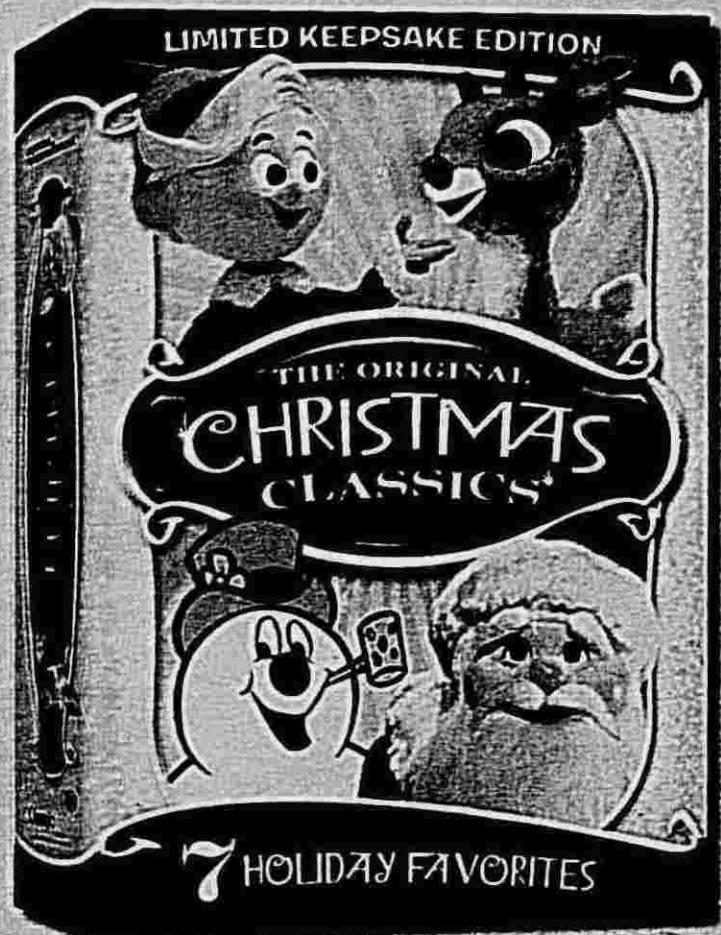


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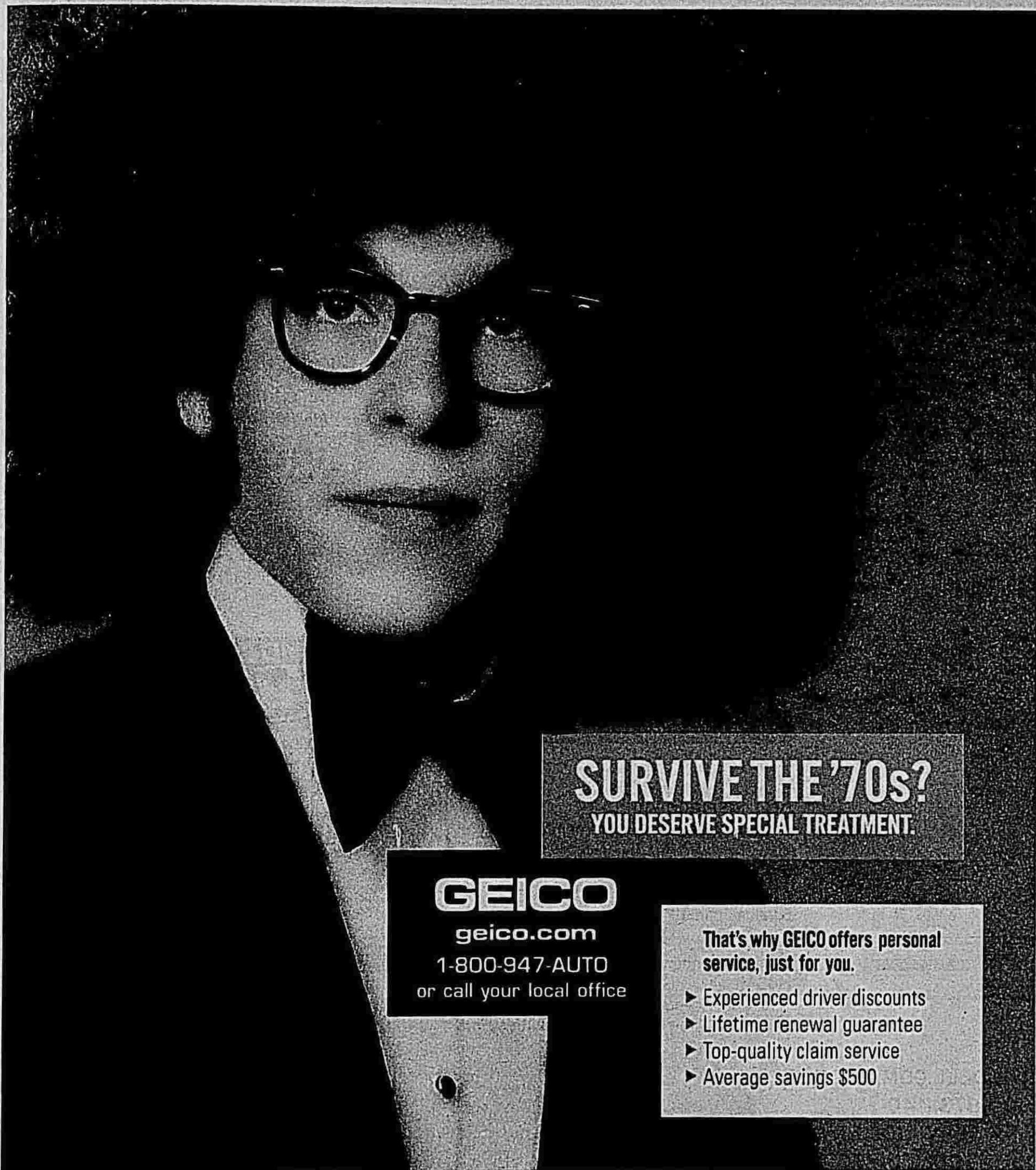
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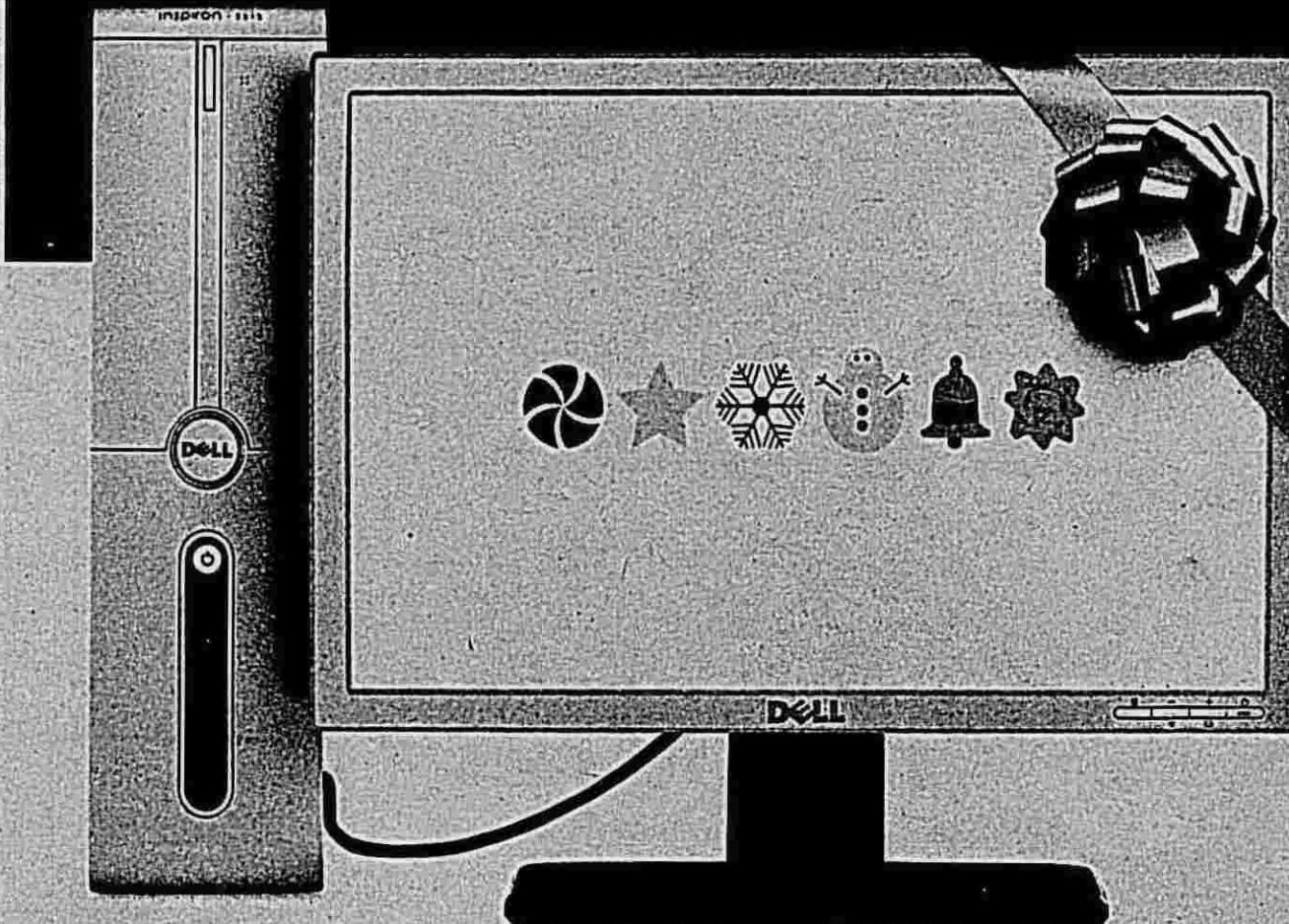
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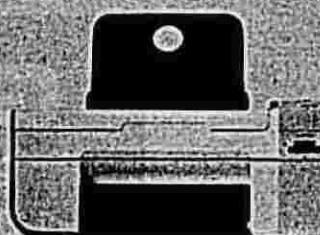


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